

HEALTHY EATS

Protein-Packing: Chickpeas

Despite their small size, garbanzo beans (also called chickpeas) are packed with all sorts of nutrients and offer eaters numerous health benefits. Most known for being *protein-rich*, chickpeas are a great, vegetarian-friendly alternative to meat. But some of their other, lesser-known qualities are equally healthful:

Chickpeas contain a particularly large amount of *iron*, which is known for increasing energy levels. This feature makes the bean especially great for women, as iron levels decrease during menstruation, often leaving ladies feeling lethargic. What's more, the amount of *folate* and *magnesium* found in chickpeas are shown to both improve heart function and decrease the risk of heart disease—the leading cause of death among women.

Chickpeas are also chock-full of *fiber* and *molybdenum*, a mineral that detoxifies headache-inducing sulfites found in many other foods. If eaten daily, a cup of cooked chickpeas can seriously relieve those with regular headache problems, while their fiber content lowers cholesterol and prevents blood sugar levels from rapidly rising. Though this is an obvious benefit for those with diabetes, the same can be said for the everyday health-conscious; rapid rises in blood sugar levels cause spikes in hunger and, in preventing such occurrences, chickpeas leave a stomach feeling full longer, which can help one regulate his/her eating habits. Besides, eating chickpeas is a yummy, healthy way to fill up. So, stock up on a few cans, and try out the recipe below.



SUGGESTED USES:

- Hummus
- Chickpea Pilaf
- Chickpea Salad

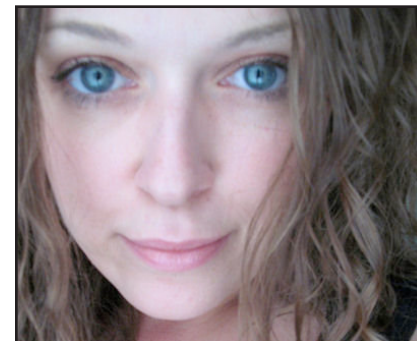
CHICKPEA, TOMATO AND SPINACH SOUP

1 large garlic clove, minced
 1 tbsp. extra virgin olive oil
 2 large sprigs rosemary, chopped
 1 14 oz. can vegetable or chicken stock
 2 14 oz. cans garbanzo beans (drained and rinsed)
 1 14 oz. can good quality diced or chopped tomatoes (not drained)
 2 cup whole baby spinach leaves, washed and dried
 1/2 tsp. dried red chili flakes
 Salt and fresh ground pepper, to taste

Grocery List

1 garlic clove
 Extra virgin olive oil
 Fresh Rosemary
 1 (14oz) can vegetable /chicken stock
 2 (14oz) cans garbanzo beans
 1 (14oz) can diced tomatoes
 Baby Spinach leaves
 Red Chili Flakes
 Salt
 Pepper

Using a medium-sized pot, heat olive oil over medium heat. Add garlic and sauté until translucent (2-3 minutes). Do not allow garlic to brown. Add chopped rosemary and sauté for another minute. Drain and rinse chickpeas, then add to garlic and rosemary. Add the tomatoes and the vegetable or chicken stock. Continue to heat until bubbly. Sprinkle chili flakes, salt and pepper to taste. Stir in spinach until it begins to wilt. Serve immediately. *Yields 4 servings.*



Tami Hardeman is an Atlanta-based food stylist and creator of *Running with Tweezers*, her personal food blog. With no formal culinary training but an undying love of cooking, Tami started out as a fashion stylist before changing mediums to focus her work on food. Four years ago she expanded her reach, starting her food blog that has since grown greatly in both size and readership.

Known for her soups, Tami decided to take her task of creating a recipe around chickpeas in an unexpected direction. Although chickpeas are most noted for their appearance in Indian dishes (such as hummus), Tami felt one of her signature soups would better show off chickpeas' texture.

For more delicious and innovative recipes from Tami, visit her blog at www.runningwithtweezers.typepad.com.



LITTLE-KNOWN LOCATION

Some of the best beauty services lie off the beaten path

Tucked away in a small shopping center on Roswell Road is Lady Bee Waxing Salon. Although owner Priscilla Pocas Kozinharski opened the salon only two years ago, she has been professionally waxing for fifteen. Born in Brazil, Priscilla grew up helping in her mother's salon and began waxing clients when she was 15-years-old. Upon moving to the States six years ago, Priscilla began her own waxing business and eventually opened Lady Bee Waxing Salon.

Lady Bee's extremely low prices, coupled with

their attention to detail (after the waxing, the tweezers come out to get any stubborn hairs the wax might have missed) make Lady Bee a worthwhile trip outside the perimeter. Their price for a Brazilian wax (Lady Bee's most popular service) is a low \$30, pocket change compared to the \$85 and up that other salons charge for the same service.

The reason for Lady Bee's prices is simple: Priscilla orders all of her wax from Brazil, which gets her a higher quality wax for a reduced price. Furthermore, all the estheticians at Lady Bee are

trained to use Brazilian hard wax. Unlike soft wax, which requires strips to remove the hair, hard wax is strip-free. According to Priscilla, "Paper wax hurts so much more. In Brazil we don't use paper wax anymore, because this wax is a lot better."

Another thing that sets them apart from other salons is their requirement that all customers wear underwear during a wax. The reason behind this is two-fold. First, for modesty's sake, clients are often more comfortable wearing their underwear.



WAXING TIPS FROM LADY BEE SALON

Tip 1: If you are a first-time waxee, allow your hair to grow for at least 2-3 weeks between your last shave and waxing for maximum results.

Tip 2: Although nothing will make your experience totally pain-free, taking two Advil and relaxing will help ease the pain. Remember, each time you go it will hurt less and less.

Tip 3: Between waxes, be sure to exfoliate the area to prevent ingrown hairs. If you still get them, ask your esthetician about special products that can reduce the problem.

Tip 4: Don't shave at all in between waxing appointments. Waxing makes your hair grow back thinner and finer; shaving will un-do this and make it hurt more next time you get waxed.

Moreover, Priscilla explains that underwear helps protect the body by preventing wax from sticking where it shouldn't and from burning sensitive areas.

For an appointment with Priscilla you'll need to book a week in advance. But with six estheticians, your last-minute emergencies are sure to get addressed when you need it. A wax will typically last between three and five weeks, but in the interim visit Lady Bee to sample their array of other spa services, including facial, massage and cellulite treatments. -LP



BEAUTY Q&A

YOU ASK WE ANSWER



WHEN I WAKE UP IN THE MORNING I ALWAYS HAVE PUFFY EYES AND BAD BAGS UNDER MY EYES THAT FOLLOW ME AROUND ALL DAY! WHAT CAN I DO TO HIDE THEM OR, BETTER YET, GET RID OF THEM?

The first thing you need to do is get rid of the puffiness under your eyes. There are many myths out there about what will help with eye bags: everything from Preparation H to tea bags to drinking cider vinegar. So, what really works?

The main causes of under-eye bags are lack of sleep and dehydration. Getting at least seven hours of sleep a night and drinking plenty of water throughout the day will help. If the bags persist, here are some tricks to covering them up:

Use a concealer that is slightly lighter than your skin tone and dab it under your eyes. To make you look more awake, run white eyeliner along your inside lower lash-line. This will make your eyes look wider and brighter. Finish with a coat of navy mascara on only your top lashes.

I JUST COLORED MY HAIR; DO I NEED TO COLOR MY BROWS, TOO?

It depends. Typically, one's eyebrow color does not precisely match his/her natural hair color, though it is generally still within the same color family (most people's eyebrows are a few shades darker than their natural hair color). If you have only changed your hair color by a few shades, chances are your brows are fine. But, if you have changed your color completely, then you will want to consider your brows.

If you're looking to darken your brows, a colored gel or brow pencil will oftentimes do the trick. When it comes to lightening brows, however, go to a professional. Attempting to do it yourself puts your brows at risk of turning orange (trust us, we have done this) or, worse yet, burning them off completely!



I HAVE BLONDE HAIR AND FAIR SKIN. HOW CAN I WEAR BOTH EYELINER AND MASCARA WITHOUT MY EYES LOOKING TOO DARK?

Fair-skinned blondes make two big beauty mistakes when it comes to wearing eye makeup. The first is using liquid eyeliner. Liquid liner is much too harsh and creates too strong a line for fair-skinned beauties. Instead, use a liner brush and shadow, or even an eye pencil. It will create a much softer, more natural-looking line. Also, avoid black liner; opt for navy, brown or grey.

The second mistake is using black mascara. For most blondes, black mascara is too stark a contrast between their lashes and skin. Black-brown mascara is the best choice to make lashes stand out without looking too heavy.

AFTER A LONG SUMMER SPENT IN THE SUN AND AT THE BEACH, MY HAIR FEELS REALLY DRY AND DAMAGED. HELP!

Your best bet for repairing summer damage is to treat your hair to a trim and a deep conditioning treatment. If having your hairdresser administer the latter isn't in your budget, there are several remedies you can do at home:

Many stores and salons sell DIY deep conditioners, hair masks and hot oil treatments. The oils in such products penetrate the hair follicle, revitalizing it and restoring shine. Try a Fredrick Fekkai Hair Mask with shea butter or bioInfusion Professional Hydrating Conditioning Balm.

For a purchase-free, at-home treatment, mayonnaise is known to add essential oils to your hair. Apply generously to hair and scalp—especially the dry ends—and cover your head with a shower cap. Leave in for twenty minutes then rinse well.

